

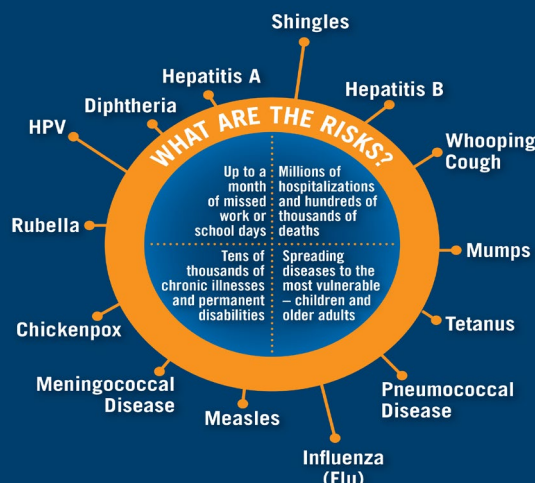
HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

August 2019

VACCINES AREN'T JUST FOR CHILDREN
**ADULTS CAN BE PROTECTED
FROM 14 DEADLY DISEASES**



Talk to your healthcare provider about which vaccines are right for you

For more information, visit adultvaccination.org



Nurse Advice Line 24/7
800-TRICARE
(800-874-2273)

**Hampton Roads
Appointment Center**
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
<https://app.mil.relayhealth.com/>

Check out
NMCP
on social
media



Not Enough Sleep

The statistics on sleep are startling: it's estimated that 50 to 70 million adults in the United States have a sleep disorder of some sort. Nearly 40 percent of 20 to 39 year olds report shorter sleep duration, and more than 35 percent of adults say they sleep less than seven hours per night. When millions of people struggle to fall asleep, it's no surprise that drug-stores, supermarkets, and health food stores all line their shelves with over-the-counter sleep aids. Lack of sleep is associated with poor decision making, automobile accidents, poor dietary choices, mood swings, and lack of motivation, among other things.

You may not need to resort to a supplement if you have trouble sleeping at night. There are many sleep improvement techniques you can try, including:

- Spend less wake time in bed: do not read or scroll on your phone while in the bed for the night.
- Make your bedroom as dark as possible
- Keep your bedroom at a cool temperature
- Try stress-reducing tactics
- Reduce the consumption of alcohol and caffeine
- Exercise during the day
- Turn off the television and other devices a couple hours before bed time.
- Avoid heavy meals

If you are having trouble falling asleep, be sure to discuss your concerns and symptoms with your provider. Remember that many factors influence sleep, including diet and exercise. An inability to sleep can be an indicative of underlying health issues, as well as mental health complications.

Lifestyle Changes You Can Manage

You can manage your weight and lose weight with some simple small lifestyle changes. Adopting new, healthier habits may protect you from serious health problems like obesity and diabetes. New habits, like healthy eating, may help you manage your weight and have more energy. After a while, if you stick with these changes, they may become part of your daily routine.

1. Evaluate your eating habit – be realistic about your eating habits. Are you snacking late at night? Do you finish your kid's leftovers? Being aware of these behaviors and stopping them can save a lot of extra calories you probably won't miss.
2. If you fail to plan, plan to fail – have a strategy for what you will eat, and when. Plan your meals and snacks.
3. Always shop with a full belly – You've heard this before: never shop for groceries when you are hungry. You are more likely to make impulse purchases of foods that are less healthy. Make a shopping list in advance and stick to it. Stock your pantry and refrigerator with lots of healthy foods so you won't be tempted by junk food.
4. Eat regular meals – Eat regularly to help yourself feel full, to prevent drops in blood sugar, or binge snacking. Some people need the old-fashioned three square meals per day: others do better with six smaller meals. Figure out what works best for you.
5. Eat your food sitting down at a table and from a plate – Don't eat out of packages, or while distracted by the phone, television, or computer. Sit down and make eating your only activity so you can focus on enjoying your food.

Make these small changes to your habits and it can add up to large calorie savings and weight loss. Make your future a healthy one.

Immunization Awareness

NMCP Public Affairs Office

August is dedicated to National Immunization Awareness Month (NIAM). NIAM is an annual observance designed to highlight the importance of immunizations. Immunizations play an important role in keeping you, your family and your community healthy. Vaccinations help prevent the spread of disease, especially to those who are most vulnerable to illness, such as infants and young children, elders, and those with chronic conditions or weakened immune systems.

Vaccines are safe, effective and the best protection against diseases—from infancy to early adulthood and into old age. By getting vaccinated, we not only protect ourselves, we help stop the spread of disease to our children, families and communities. But, for vaccines to be most effective, vaccination rates must remain high.

Vaccines give parents the safe, proven power to protect their children from serious diseases. Parents can provide the best protection by following the recommended immunization schedule – getting their child the vaccines they need, when they need them. Vaccines protect babies from 14 diseases by the time they reach 2 years of age. Remember, multiple doses are needed for best protection.

The need for vaccinations does not end in childhood. All adults should get recommended vaccines to protect their health. Even healthy adults can become ill and pass diseases on to others.

According to the Centers for Disease Control and Prevention (CDC), thousands of American adults get sick each year from diseases that vaccines can prevent. For patients with asthma or COPD, vaccines are an important step in protecting their health from serious diseases like influenza and pneumonia.

In fact, the CDC reports that chronic lung disease was one of the most commonly reported underlying medical conditions among adults who were hospitalized with laboratory-confirmed influenza. Less than half of adults under age 65 with asthma and COPD get the vaccines they need to protect against influenza and pneumococcal disease.

As a preventive healthcare measure, vaccines work by teaching the body's immune system to recognize and defend against harmful viruses or bacteria before getting an infection, and reduce the chance of getting certain infectious diseases. Most vaccine-preventable diseases are spread from person to person, which means that if one person in a community gets an infectious disease, they can spread it to others.

Vaccines are recommended throughout our lives based on age, lifestyle, occupation, medical conditions, and vaccines received in the past. Everyone should have their vaccination needs assessed by a health care professional.

HEALTHY WEIGHT

ShipShape Weight Management Program:

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

Right Weigh: 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotion and Wellness Department programs and resources, call (757) 953-1927.

TOBACCO CESSATION

Tobacco Cessation Class

1st and 3rd Tuesday
of every month from 1 – 3 p.m.

One-on-One Counseling

Call today to schedule!

For more information, call
(757) 953-1927 or 953-1934



AUGUST
**PREVENTIVE
HEALTH MONTH**

Preventive Health

NMCP Public Affairs Office

As summer draws to a close, it's time to look ahead to the approaching school year. Preventive services, routine immunizations, and health screenings are the best ways to make sure your kids are healthy and ready to hit the books. TRICARE covers many preventive health care services with no out-of-pocket costs to you. How you get preventive care depends on who you are and your TRICARE plan.

If your child is enrolled in a TRICARE Prime plan, you can seek preventive care from his or her primary care manager or any TRICARE network provider in your region. If a network provider isn't available, you can also use a non-network provider with no copayments if you have a referral and authorization. Under a TRICARE Select plan, you can visit any TRICARE-authorized provider.

Follow these tips to make sure your children are healthy as they head to school in the fall:

- Schedule appointments for school physicals and routine immunizations before the start of the school year. TRICARE covers physicals when required for school enrollment. This doesn't include sports physicals.

BACK to SCHOOL

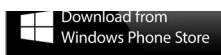
Health & Safety checklist



GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
- Interactive maps
- Pharmacy wait times
- Telephone directory
- Relay Health
- ICE feedback
- and so much more!



- Make sure that your child is current on his or her vaccines. Most schools require up-to-date vaccinations. According to the Centers for Disease Control and Prevention, vaccines reduce your child's risk of infection by helping them safely develop immunity to diseases. You can get covered vaccines from any TRICARE-authorized provider at no cost. But you may have to pay copayments or cost-shares for the office visit or for other services received during the same visit. You can get some covered vaccines at TRICARE retail network pharmacies. Remember, TRICARE covers well-child exams for children up to age 6 (from birth through age 5).

- Get eye exams before school begins. Healthy vision helps your child see clearly and to learn in school. Your vision benefits, including eye exams, depend on

who you are, your TRICARE health plan, and your age. You may need a referral and authorization for vision care. If you have vision coverage through the Federal Employees Dental and Vision Insurance Program (FEDVIP), follow the rules of your plan.

- Put dental check-up on your to-do list. TRICARE offers dental coverage to active duty family members through the TRICARE Dental Program (TDP). According to the TRICARE Dental Program Handbook, TDP covers two routine cleanings and two fluoride treatments during a 12-month period for children ages one and older. If you have dental coverage through FEDVIP, follow the rules of your plan.

Don't wait to take command of your children's health. Prioritize preventive exams/vaccinations before the school year.

118,000

patients with a PCM at one of our 10 facilities

22

Medical Home Port teams

440,000

patients we serve – active duty, retired and families

MEASLES

According to the Centers for Disease Control & Prevention (CDC), measles is a **highly contagious virus**, and can spread through coughing and sneezing.

SYMPTOMS

- ⊗ Coughing
- ⊗ Runny nose
- ⊗ Red eyes
- ⊗ Rash

MEASLES CAN LEAD TO:

- ⊗ Pneumonia
- ⊗ Swelling of the brain (encephalitis)
- ⊗ Death



Preventing Measles

Get Vaccinated! You have two options:

Measles, mumps, and rubella
(MMR) vaccine

Measles, mumps, rubella, and varicella
(MMRV) vaccine

Children:

First dose: 12 - 15 months of age

Second dose: 4 - 6 years of age

Young adults without evidence of immunity:

Get doses of MMR vaccine,
separated by at least **28 days**.

Adults without evidence of immunity:

Get **at least one** dose of
MMR vaccine.

